



Week 1 - Reclaim				
Day 1			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	2 slices whole-grain toast, 2 scrambled eggs (use just a ½ teaspoon of olive oil), and a generous portion of steamed kale or spinach. *Men may add 1 banana or 1 cup of mixed fruit pieces.		
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Microgreen Salad and 1 serving Creamy Garlic Dressing		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Alkalinize</u> - 1 Packet		
Wait 30 Minutes				
Snack	<u>Kiwilicious Shakeology</u> - Tropical SO - 1 Cup Distilled Water - 1/2 Cup Frozen Strawberries - 1 Kiwi Fruit (Peeled)			
Wait At Least 2 Hours				
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Dinner	1 serving Baked Salmon, 1 cup steamed asparagus with lemon, ¾ cup boiled baby potatoes. * Men may increase the potatoes to 1½ cups OR toss the asparagus in 2 teaspoons of olive oil OR increase salmon to an 8 to 9 ounce fillet.		

Comments:

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COACH MIKE ROBERTS

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Week 1 - Reclaim			
Day 1 - Vegan			Time
			Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water	
		Oxygenize - 10 - 15 Drops	
		Optimize - 2 Capsules	
	Wait 30 Minutes		
	Breakfast	1 cup warm cooked quinoa flavored with ¼ cup coconut milk, topped with 1 tablespoon chopped raw walnuts and 2 tablespoons chopped fresh pineapple. *Men may add 1 banana or 1 cup of mixed fruit pieces.	
Wait At Least 2 Hours			
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water	
		Oxygenize - 10 - 15 Drops	
		Optimize - 2 Capsules	
	Wait at least 30 Minutes		
	Lunch	Microgreen Salad and 1 serving Creamy Garlic Dressing	
	Wait At Least 2 Hours		
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water	
		Alkalize - 1 Packet	
	Wait 30 Minutes		
	Snack	Kiwilicious Shakeology - Tropical SO - 1 Cup Distilled Water - 1/2 Cup Frozen Strawberries - 1 Kiwi Fruit (Peeled)	
Wait At Least 2 Hours			
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water	
		Oxygenize - 10 - 15 Drops	
		Optimize - 2 Capsules	
	Wait 30 Minutes		
	Dinner	Baked Tempeh, 1 cup steamed asparagus with lemon, ¾ cup boiled baby potatoes. * Men may increase the potatoes to 1½ cups OR toss the asparagus in 2 teaspoons of olive oil OR increase salmon to an 8 to 9 ounce fillet.	

Comments:

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Week 1 - Reclaim				
Day 2			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	1 cup cooked oatmeal with 1 cup fresh blueberries and ½ cup organic plain yogurt (sweetened with maple, honey, or stevia). * Men may have an additional ½-cup plain yogurt OR 1 hard-boiled egg OR 2 Tbsp. chopped walnuts mixed into oatmeal.		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Greek Salad (with chicken breast and toasted pine nuts) and Greek Dressing.		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
	Wait 30 Minutes			
	Snack	Kiwilicious Shakeology - Tropical SO - 1 Cup Distilled Water - 1/2 Cup Frozen Strawberries - 1 Kiwi Fruit (Peeled)		
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Black Beans and Rice, ¼ cup fresh corn, 2 Tbsp. salsa, ¼ cup guacamole, 1 6-inch corn tortilla, and Kale with pine nuts. * Men may have an additional corn tortilla OR ¼ cup of guacamole.		

Comments:

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Week 1 - Reclaim				
Day 2 - Vegan			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	1 cup cooked oatmeal with 1 cup fresh blueberries and 1 cup unripe papaya cubes (sweetened with honey or maple syrup), sprinkled with 2 teaspoons chopped raw pecans * Men may have an additional ½-cup plain yogurt OR 1 hard-boiled egg OR 2 Tbsp. chopped walnuts mixed into oatmeal.		
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Greek Salad (with toasted pine nuts) and Greek Dressing.		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Alkalinize</u> - 1 Packet		
Wait 30 Minutes				
Snack	<u>Kiwilicious Shakeology</u> - Tropical SO - 1 Cup Distilled Water - 1/2 Cup Frozen Strawberries - 1 Kiwi Fruit (Peeled)			
Wait At Least 2 Hours				
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Black Beans and Rice, ¼ cup fresh corn, 2 Tbsp. salsa, ¼ cup guacamole, 1 6-inch corn tortilla, and Kale with pine nuts. * Men may have an additional corn tortilla OR ¼ cup of guacamole.		

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Week 1 - Reclaim				
Day 3			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	2 slices whole-grain toast, 2 scrambled eggs (use ½ teaspoon of olive oil), and a generous portion of steamed kale or spinach. *Men may add 1 banana or 1 cup of mixed fruit pieces.		
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Lentil Lime Salad, Microgreen Salad (reduce amount of nuts/seeds to 2 Tbsp. or less), and 1 serving dressing of choice from recipe guide.		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Alkalinize</u> - 1 Packet		
Wait 30 Minutes				
Snack	<u>Kiwilicious Shakeology</u> - Tropical SO - 1 Cup Distilled Water - 1/2 Cup Frozen Strawberries - 1 Kiwi Fruit (Peeled)			
Wait At Least 2 Hours				
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Nori Rolls with Tempeh and Veggies, Japanese Cucumber Salad, Miso Soup. * Men may have an additional ¼ sliced avocado OR ½ cup wild or brown rice.		

Comments:

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Week 1 - Reclaim				
Day 3 - Vegan			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	Fruit salad with ½ cup fresh pineapple, ½ cup fresh papaya, 1 chopped kiwi, 1 tablespoon raw sunflower seeds, 1 tablespoon unsweetened coconut flakes.		
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Lentil Lime Salad, Microgreen Salad (reduce amount of nuts/seeds to 2 Tbsp. or less), and 1 serving dressing of choice from recipe guide.		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Alkalinize</u> - 1 Packet		
	Wait 30 Minutes			
	Snack	<u>Kiwilicious Shakeology</u> - Tropical SO - 1 Cup Distilled Water - 1/2 Cup Frozen Strawberries - 1 Kiwi Fruit (Peeled)		
Wait At Least 2 Hours				
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Nori Rolls with Tempeh and Veggies, Japanese Cucumber Salad, Miso Soup. * Men may have an additional ¼ sliced avocado OR ½ cup wild or brown rice.		

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Week 1 - Reclaim				
Day 4			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area (approximately 2 cups of fruit—make lower-glycemic choices, like berries, papaya, melon, peaches, green apple, etc.), ½ cup organic plain yogurt (sweetened with maple, honey, or stevia), and 1 slice whole-grain toast. <i>* Men may add 2 or 3 Tbsp. slivered almonds to yogurt, OR have a second slice of toast OR an additional ½-cup of yogurt.</i>		
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Nori Rolls with Tempeh and Veggies, Lentil Lime Salad, Microgreen Salad (omit toasted seeds/nuts), and dressing of choice from recipe guide.		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Alkalinize</u> - 1 Packet		
Wait 30 Minutes				
Snack				
Wait At Least 2 Hours				
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Stir-Fried Veggies, Cucumber and Tomato Salad, ¾ cup Quinoa (cook extra, so there's some left over for Quinoa Salad tomorrow), and Nori Gomasio. <i>* Men may have an additional ½ cup of quinoa OR an additional serving of salad OR an additional serving of veggies.</i>		

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Week 1 - Reclaim				
Day 4 - Vegan			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area (approximately 2 cups of fruit—make lower-glycemic choices, like berries, papaya, melon, peaches, green apple, etc.), 1 tablespoon of your favorite natural nut butter, and 1 slice whole-grain toast. <i>* Men may have a second slice of toast</i>		
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Nori Rolls with Tempeh and Veggies, Lentil Lime Salad, Microgreen Salad (omit toasted seeds/nuts), and dressing of choice from recipe guide.		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Alkalinize</u> - 1 Packet		
Evening	Wait 30 Minutes			
	Snack	<u>Kiwilicious Shakeology</u> - Tropical SO - 1 Cup Distilled Water - 1/2 Cup Frozen Strawberries - 1 Kiwi Fruit (Peeled)		
	Wait At Least 2 Hours			
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Stir-Fried Veggies, Cucumber and Tomato Salad, ¾ cup Quinoa (cook extra, so there's some left over for Quinoa Salad tomorrow), and Nori Gomasio. <i>* Men may have an additional ½ cup of quinoa OR an additional serving of salad OR an additional serving of veggies.</i>		

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Week 1 - Reclaim				
Day 5			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	1 cup cooked rice cereal (farina) or oatmeal with 3 Tbsp. toasted walnuts, 1 Tbsp. maple syrup, and ½ to ¾ cup fresh fruit.		
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Quinoa Salad, ½ cup hummus, raw vegetable plate (10 baby carrots, 8 to 10 grape tomatoes, 10 slices red bell pepper, and 5 string beans).		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Alkalinize</u> - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Miso Soup, Stir-Fried Veggies, ½ cup cooked brown rice, and Nori Gomasio. <i>*Men may have an additional ½ cup rice.</i>		

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Week 1 - Reclaim				
Day 6			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	1 slice whole-grain toast, Baked Tempeh , 1/8 sliced avocado, 1/2 cup steamed spinach or kale. <i>* Men may have an additional slice of toast OR an additional 1/4 avocado</i>		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Quinoa Salad, Microgreen Salad, and 1 serving dressing of choice from recipe guide.		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
Wait 30 Minutes				
Snack				
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Roasted Root Medley, 1/2 serving Zucchini-Cashew Soup, and 1 serving Toasted Millet.		

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Week 1 - Reclaim				
Day 7			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	1 cup oatmeal with 1 Tbsp. ground flaxseed, ½ tsp. cinnamon, ½ cup chopped apple, and ½ cup organic plain yogurt (sweetened with maple, honey, or stevia). <i>* Men may have an additional ½ cup of yogurt OR an additional ½ cup of oatmeal OR 2 additional Tbsp. of flaxseed.</i>		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	1 serving Zucchini-Cashew Soup, Microgreen Salad, ¼ sliced avocado, and 1 serving dressing of choice from recipe guide.		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait 30 Minutes			
	Dinner	1 serving Baked Tempeh, 1 serving any steamed vegetables, and 1 serving Brown Rice. <i>* Men may have an additional ½ serving of rice OR toss their veggies with 2 tsp. olive oil OR finish the meal with 1 small apple.</i>		

Comments:

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Week 1 - Reclaim				
Day 7 - Vegan			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	1 cup oatmeal with 1 Tbsp. ground flaxseed, ½ tsp. cinnamon, ½ cup chopped apple, and ½ cup young coconut meat.. <i>* Men may have an additional ½ cup of oatmeal OR 2 additional Tbsp. of flaxseed.</i>		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	1 serving Zucchini-Cashew Soup, Microgreen Salad, ¼ sliced avocado, and 1 serving dressing of choice from recipe guide.		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
	Wait 30 Minutes			
	Dinner	1 serving Baked Tempeh, 1 serving any steamed vegetables, and 1 serving Brown Rice. 1 serving Baked Tempeh, 1 serving any steamed vegetables, and 1 serving Brown Rice. <i>* Men may have an additional ½ serving of rice OR toss their veggies with 2 tsp. olive oil OR finish the meal with 1 small apple.</i>		

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Week 2 - Release				
Day 8			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower glycemic choices. For example: 1 cup of blueberries, 7 navel orange segments, and 1 cup of fresh grapes.		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait at least 30 Minutes			
	Lunch	Microgreen Salad, 1/8 sliced avocado, and dressing of choice from recipe guide. <i>* Men may have an additional 1/4 avocado OR an additional 1/2-serving of pumpkin seeds.</i>		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait 30 Minutes			
	Dinner	Pinto Beans and Rice, 1 cup of steamed zucchini, and string beans with lemon. <i>* Men may have vegetables with either 2 tsp. olive oil OR 2 Tbsp. of toasted slivered almonds.</i>		

Comments:

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Week 2 - Release				
Day 9			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait 30 Minutes			
	Breakfast	1 serving Miso Soup, ¼ sliced avocado, ½ cup chickpeas mashed with 1 tsp. olive oil, and 1 serving Nori Gomasio.		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait at least 30 Minutes			
	Lunch	1 serving Pinto Beans and Rice, Microgreen Salad, and dressing of choice from the recipe guide. <i>* Men may toss salad with 1 serving Basic Vinaigrette, OR with 2 Tbsp. toasted slivered almonds OR with ¼ sliced avocado.</i>		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait 30 Minutes			
	Dinner	Sweet Potato and Roasted Red Pepper Bisque, 1 cup asparagus roasted with 1 Tbsp. olive oil and 1 Tbsp. toasted slivered almonds. <i>* Men may finish meal with 1 serving fresh fruit OR add a green salad tossed with 1 Tbsp. of any dressing in the Ultimate Reset eating plan.</i>		

Comments:

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Week 2 - Release				
Day 10			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower-glycemic choices. For example: 1 cup blueberries, 7 navel orange segments, and 1 cup fresh grapes.		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait at least 30 Minutes			
	Lunch	1 serving Sweet Potato and Roasted Red Pepper Bisque, Greek Salad, and Greek dressing. <i>* Men may add 1 serving of Greek Dressing OR ¼ sliced avocado.</i>		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait 30 Minutes			
	Dinner	Quinoa Lentil Pilaf, and 1 to 2 cups steamed broccoli. <i>* Men may toss broccoli with 1 Tbsp. olive oil OR with 2 Tbsp. toasted pine nuts OR finish the meal with a piece of fresh fruit.</i>		

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Week 2 - Release				
Day 11			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower-glycemic choices. For example: 1 sliced medium apple, ½ ripe cantaloupe, and 1 to 2 cups of Bing cherries.		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait at least 30 Minutes			
	Lunch	Quinoa Lentil Pilaf, and ½ serving of Cucumber and Tomato Salad. <i>* Men may have a full serving of salad with ⅛ sliced avocado OR finish the meal with a piece of fresh fruit.</i>		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Detox - 1 Packet		
	Wait 30 Minutes			
	Dinner	1 serving Hearty Vegetable-Miso Soup, and 1 cup steamed swiss chard. <i>* Men may have an extra half-serving of soup OR finish the meal with a serving of fresh fruit.</i>		

Comments:

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Week 2 - Release				
Day 12			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Detox</u> - 1 Packet		
	Wait 30 Minutes			
Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower-glycemic choices. For example, 1 sliced apple, ½ ripe cantaloupe, and 1 to 2 cups Bing cherries.			
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Detox</u> - 1 Packet		
	Wait at least 30 Minutes			
	Lunch	1 serving Hearty Vegetable-Miso Soup, Microgreen Salad (with ONLY 2 Tbsp. nuts or seeds) , and dressing of choice from the recipe guide. <i>* Men may have an additional half-serving of soup OR toss ¼ sliced avocado into the salad OR finish the meal with a piece of fresh fruit.</i>		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water <u>Alkalinize</u> - 1 Packet		
Wait 30 Minutes				
Snack				
Wait At Least 2 Hours				
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Detox</u> - 1 Packet		
	Wait 30 Minutes			
Dinner	Mediterranean Roast Beets, Coconut Collard Greens, and 1 serving cooked quinoa (optional).			

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Week 2 - Release					
Day 13			Time	Comments	
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water			
		<u>Oxygenize</u> - 10 - 15 Drops			
		<u>Optimize</u> - 2 Capsules			
		<u>Detox</u> - 1 Packet			
	Wait 30 Minutes				
	Breakfast	1 cup steamed spinach, ¼ sliced avocado, ¾ cup chickpeas mashed with fresh herbs and 1 tsp. olive oil, and 1 serving Nori Gomasio. <i>*Men may add 1 banana or 1 cup of mixed fruit pieces.</i>			
Wait At Least 2 Hours					
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water			
		<u>Oxygenize</u> - 10 - 15 Drops			
		<u>Optimize</u> - 2 Capsules			
		<u>Detox</u> - 1 Packet			
		Wait at least 30 Minutes			
	Lunch	Mediterranean Roast Beets over Microgreen Salad (with ONLY 2 Tbsp. nuts or seeds, ¼ sliced avocado, and fresh lemon or lime juice). <i>* Men may have an additional 2 Tbsp. nuts or seeds OR dress salad with 1 serving Basic Vinaigrette OR finish the meal with 1 serving fresh fruit.</i>			
		Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water			
		<u>Alkalinize</u> - 1 Packet			
	Wait 30 Minutes				
	Snack				
Wait At Least 2 Hours					
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water			
		<u>Oxygenize</u> - 10 - 15 Drops			
		<u>Optimize</u> - 2 Capsules			
		<u>Detox</u> - 1 Packet			
		Wait 30 Minutes			
	Dinner	1 serving Kabocha Squash with Garlic-Tahini Filling, and 1 to 2 cups steamed vegetables. <i>* Men may toss steamed vegetables with 1 Tbsp. olive oil OR 2 Tbsp. slivered almonds.</i>			

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Week 2 - Release				
Day 14			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Detox</u> - 1 Packet		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower-glycemic choices. For example: 1 medium sliced apple, ½ ripe cantaloupe, and 1 to 2 cups Bing cherries.		
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Detox</u> - 1 Packet		
	Wait at least 30 Minutes			
	Lunch	Blend ¼ cup coconut milk and ½ serving of kabocha squash into a soup. Serve with Microgreen Salad (with only 1 Tbsp. of nuts or seeds) and dressing of choice from the recipe guide. <i>* Men may toss salad with 1 serving of any dressing in the Ultimate Reset eating plan recipe guide.</i>		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Alkalinize</u> - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Detox</u> - 1 Packet		
	Wait 30 Minutes			
	Dinner	1 serving Edamame and Roasted Corn Succotash, and 1 serving Lemon Pepper Kale. <i>* Men may toss kale with 1 Tbsp. olive oil OR finish the meal with a piece of fresh fruit.</i>		

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Week 3 - Restore				
Day 15			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower-glycemic choices. For example: 1 cup raspberries, ½ papaya, 1 medium peach, and 1 medium green apple		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Asian Cabbage Salad, and 1 serving Miso Soup (optional). <i>* Men may add a second serving of soup OR a small scoop of cooked quinoa.</i>		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Baked Sweet Potato, Garlic Veggies, and 1 serving Quinoa (optional). <i>*Men may add ½ cup cooked quinoa.</i>		

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Week 3 - Restore				
Day 16			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower-glycemic choices. For example: 1 cup raspberries, ½ papaya, 1 medium peach, and 1 medium green apple.		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Microgreen Salad, and dressing of choice from the recipe guide. <i>*Men may add ½ cup cooked brown rice or quinoa.</i>		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Curry Cauliflower, Lemon Pepper Kale, and ½ cup cooked brown rice (optional). <i>*Men may add ½ to ¾ cup cooked brown rice.</i>		

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Week 3 - Restore				
Day 17			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Revitalize</u> - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower-glycemic choices. For example: 1 cup raspberries, ½ of a papaya, 1 medium peach, and 1 medium green apple.		
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Revitalize</u> - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Moroccan Carrot Salad over 3 cups of salad greens. <i>* Men may add 1 serving of any salad dressing in the Ultimate Reset eating plan recipe guide OR ½ cup cooked brown rice or quinoa.</i>		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Alkalinize</u> - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Revitalize</u> - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Roasted Delicata Squash, Green Beans with Lemon, and 1 serving Toasted Millet. <i>*Men may add a half-serving of Toasted Millet or 1/2 cup cooked quinoa.</i>		

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Week 3 - Restore				
Day 18			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Revitalize</u> - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower-glycemic choices. For example: 1 medium sliced apple, ½ ripe cantaloupe, and 1 to 2 cups Bing cherries.		
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Revitalize</u> - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Spinach salad made with 3 cups baby spinach, 10 to 12 quartered cherry tomatoes, 1 sliced medium cucumber, 1 cup chopped jicama, ¼ sliced avocado, and dressing of choice from the recipe guide. <i>*Men should add ½ cup brown rice or cooked quinoa.</i>		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Alkalinize</u> - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Revitalize</u> - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Roasted Fennel Bulb, Lemony Asparagus and Broccoli, and 1 serving Brown Rice (optional). <i>*Men should add ½ cup cooked brown rice or quinoa.</i>		

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Week 3 - Restore				
Day 19			Time	Comments
Morning	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Revitalize</u> - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower-glycemic choices. For example: 1 medium sliced apple, ½ ripe cantaloupe, and 1 to 2 cups Bing cherries.		
Wait At Least 2 Hours				
Afternoon	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Revitalize</u> - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	1 serving Hearty Vegetable-Miso Soup, Microgreen Salad, and dressing of choice from the recipe guide. <i>* Men may add 1 slice whole-grain toast OR ½ cup cooked brown rice or quinoa OR 1 sweet potato.</i>		
	Wait At Least 2 Hours			
	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Alkalinize</u> - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	<u>Mineralize</u> - A Pinch in 12-32oz of Distilled Water		
		<u>Oxygenize</u> - 10 - 15 Drops		
		<u>Optimize</u> - 2 Capsules		
		<u>Revitalize</u> - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Mediterranean Roasted Beets, ½ serving Baked Tempeh, and ½ serving Coconut Collard Greens. <i>* Men may have a full serving of greens OR 1 sweet potato OR ½ cup cooked brown rice.</i>		

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Week 3 - Restore				
Day 20			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower-glycemic choices. For example: 1 cup blueberries, 7 navel orange segments, and 1 cup fresh grapes.		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	1 serving Jicama-Avocado salad served over 3 cups of salad greens. <i>* Men may add 1 slice whole-grain toast OR 1 sweet potato OR ½ cup quinoa or brown rice.</i>		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Asian Stir-Fry, Braised Greens, and 1 serving Brown Rice (optional). <i>*Men may add ½ cup cooked brown rice.</i>		

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Week 3 - Restore				
Day 21			Time	Comments
Morning	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait 30 Minutes			
	Breakfast	Fresh fruit plate with whatever's seasonal and fresh in your area. Make lower-glycemic choices. For example: 1 medium sliced apple, ½ ripe cantaloupe, and 1 to 2 cups Bing cherries.		
Wait At Least 2 Hours				
Afternoon	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait at least 30 Minutes			
	Lunch	Carrot-Seaweed Medley, Microgreen Salad, and dressing of choice from the recipe guide. <i>* Men may add 1 slice of whole-grain toast OR 1 sweet potato OR ½ cup cooked brown rice or quinoa.</i>		
	Wait At Least 2 Hours			
	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Alkalinize - 1 Packet		
	Wait 30 Minutes			
	Snack			
Wait At Least 2 Hours				
Evening	Supplements	Mineralize - A Pinch in 12-32oz of Distilled Water		
		Oxygenize - 10 - 15 Drops		
		Optimize - 2 Capsules		
		Revitalize - 2 Capsules		
	Wait 30 Minutes			
	Dinner	Avocado-Cucumber Soup, 1 serving Roasted Veggies, and 1 serving Quinoa (optional). <i>*Men may add ½ cup cooked quinoa or brown rice.</i>		

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